# Physiological Threats

## Dehydration

# How do you build situational awareness?

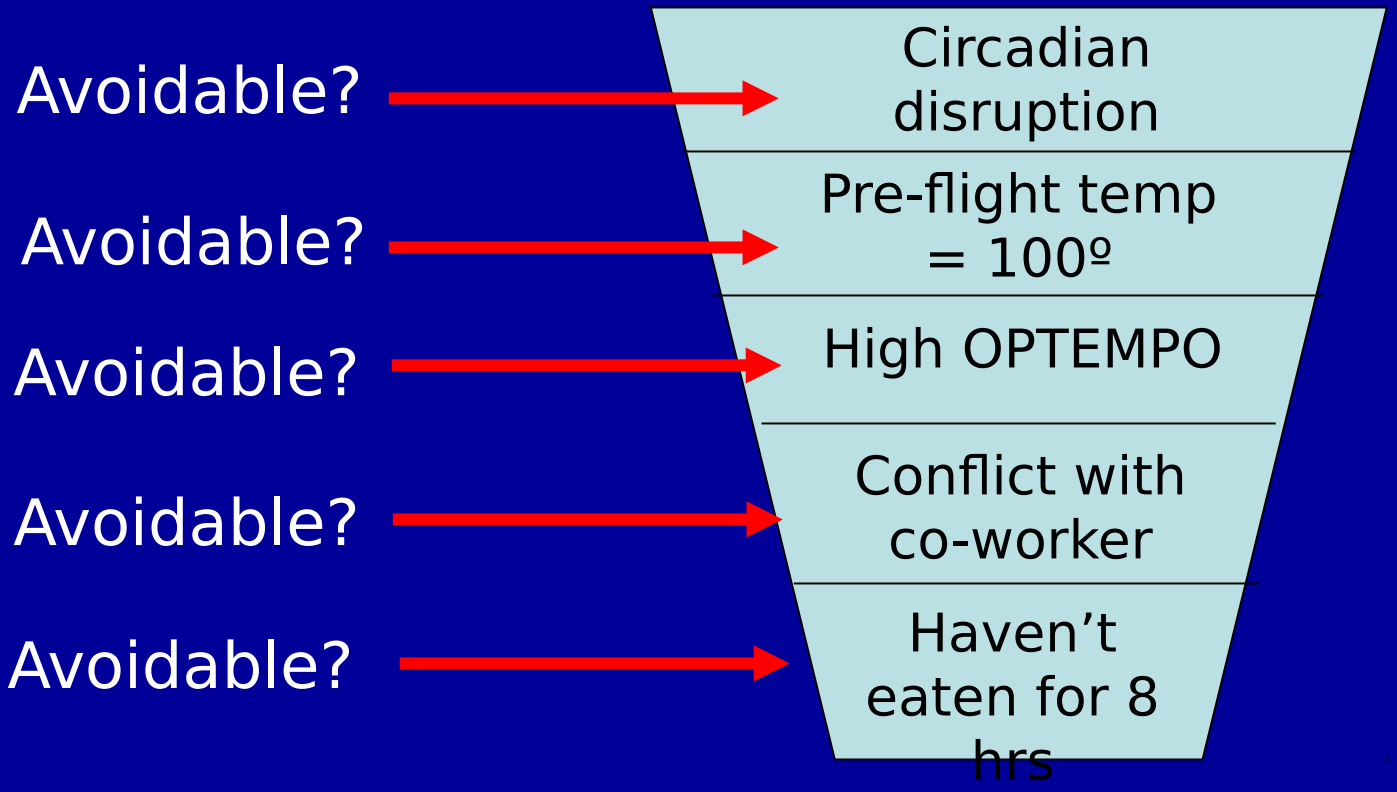
1. Aviate
2. Navigate
3. Communicate
4. Physiate

Hypoxia Stress Spatial D Airsickness Noise G-LOC

# Situational Awareness

Hydration Nutrition Fatigue Bad ALSS Barotraumas

# Physiological threats can compound creating a serious safety of flight issue.




MANAGEABLE?

# Dehydration Can Happen in Cold and Hot Weather

Dehydration can negatively affect mental and physical performance.

- Increase reaction time
- Narrowed attention
- Task fixation
- 30% reduction in +Gz tolerance

**Decreased situational awareness**

# How do I recognize that I am dehydrated?

- 2-3% body wt loss (24hr)
- Thirst
- Elevated heart rate
- Light headed upon standing
- Headache
- Dark urine
- Dry mouth
- Nausea
- General fatigue
- Reduced SA?

# Don’t avoid caffeinated or sugar based drinks without replacing them with other fluids.

- You can hydrate effectively with most water based beverages
  - high sugar content
  - caffeinated beverages

- Eating is hydrating
  - 30% of your daily hydration comes from food
  - High fat and high sodium food can dehydrate

# What are some dehydration countermeasures?

1. Drink fluids before you are thirsty
2. Drink fluids before and after exercise
3. Drink fluids until your urine is clear
4. Eat food high in water content
5. Avoid high fat and high sodium food
6. Avoid alcohol

# Your Aeromedical Safety Officer

- Located at Wing Safety Office
- **A**viation **L**ife **S**upport **S**ystems
- Ejection seat briefs
- PHYSEP and HAZREP submission
- Custom hearing protection
- Airsickness desensitization
- Physiological threat briefs
- Egress
- Command Fitness Leader

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